



The Health Advocate app makes it easy to connect with your Wellness Program, **anywhere, anytime.**

-  **Connect** with a Health Advocate Wellness Coach
-  **Get a snapshot of your health** with your Personal Health Profile
-  **Jump-start healthy changes** with challenges and workshops
-  Access trustworthy **health information** and **helpful tips**
-  **Improve your eating habits** with recipes and meal plans
-  **Monitor your progress** using health trackers

### How to Download our FREE Mobile App



(for iPhone and iPad):

1. Tap the AppStore icon on the home screen.
2. Tap the magnifier search icon at the bottom of the screen, and type “Health Advocate” in the search bar.
3. Tap **INSTALL**.



(for Android):

1. Tap the Google Play icon on the home screen.
2. Tap the magnifier search icon in the top right corner, and type “Health Advocate” in the search bar.
3. Tap **INSTALL**.



### Once you've downloaded the app, be sure to register!

- Tap the Health Advocate app icon on your phone to open the app
- Tap the **Member Login** button
- Type the **name of your organization**, select it from the drop-down box, and click **“Continue”**



**HealthAdvocate**<sup>SM</sup>